

## Mayo Clinic Minute

### Avoid Opioids for Chronic Pain

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	50 million. That's how many people in the U.S. suffer from chronic pain. Many turn to opioid painkillers for relief.
<b>Mike Hooten, M.D.</b> <b>Anesthesiology</b> <b>Mayo Clinic</b>	"The evidence is not all that clear about the efficacy of those drugs long-term for chronic pain."
<b>Vivien Williams</b>	Mayo Clinic pain management specialist Dr. Mike Hooten says what is clear about these painkillers is the risk associated with taking them.
<b>Mike Hooten, M.D.</b>	"The problems of addiction, but a related problem of accidental overdose deaths."
<b>Vivien Williams</b>	Morphine, oxycodone and hydrocodone are commonly prescribed opioids. Dr. Hooten says they are very effective when used short-term for pain, for example, after a surgery. For long-term use ...
<b>Mike Hooten, M.D.</b>	"There are a small group of studies that may show some benefit in in certain highly select groups of patients."
<b>Vivien Williams</b>	But, for many cases of chronic pain, Dr. Hooten says non-opioid pain relievers combined with other therapies, such as stress management can help people manage pain and maintain a high quality of life. For the Mayo Clinic News Network, I'm Vivien Williams.